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PQRS SYMPTOM-GUIDED CONSTITUTIONAL PRESCRIPTION IN PRIMARY HYPOTHYROIDISM-A CASE REPORT

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Abstract

Classical homoeopathy emphasizes the importance of peculiar, queer, rare, and strange (PQRS) symptoms in remedy selection. Such symptoms often individualize the patient and guide the physician toward the constitutional simillimum. The present case illustrates the use of a characteristic craving for raw rice as the decisive symptom in selecting Alumina for a patient presenting with hypothyroidism and Anemia.

A 48-year-old female presented with progressive hair fall, weight gain, weakness, fatigue, irritability, mood changes, and reduced desire to work for six months. Laboratory investigations revealed a thyroid stimulating hormone (TSH) level of 12.6 mIU/L and hemoglobin of 9.2 g/dL. An endocrinologist initiated Thyronorm 25 mcg daily. Detailed homoeopathic case-taking revealed a hot thermal state, thirst, desire for non-vegetarian food, occasional hard stools, leadership tendencies in church activities, desire to influence others, and a striking craving for raw rice. Based on the totality of symptoms, particularly the PQRS symptom of raw rice craving, Alumina was prescribed. The patient demonstrated progressive improvement in energy levels, mood, hair fall, and general well-being. TSH decreased from 12.6 mIU/L at presentation to 10.6 mIU/L after two months of conventional treatment and subsequently reached 1.32 mIU/L by July 2026 during continued homoeopathic follow-up. This case highlights the importance of PQRS symptoms in constitutional prescribing and demonstrates how an unusual craving can serve as the key to remedy selection in chronic endocrine disorders.

Keywords: Alumina, PQRS symptom, hypothyroidism, pica, raw rice craving, constitutional prescribing, homoeopathy.

I. INTRODUCTION

Primary hypothyroidism is a common endocrine disorder characterized by deficient thyroid hormone production and a wide range of systemic manifestations including fatigue, weight gain, hair fall, constipation, cognitive slowing, and mood disturbances. While laboratory investigations establish the diagnosis, individualized homoeopathic prescribing is based on the totality of symptoms and particularly on those features that distinguish one patient from another.

Dr Samuel Hahnemann emphasized the importance of characteristic symptoms in remedy selection, and Kent further elaborated the concept by assigning the highest value to strange, rare, peculiar, and uncommon symptoms. These PQRS symptoms frequently provide the decisive clue in chronic case management.

The present case demonstrates the selection of Alumina based predominantly on a characteristic craving for raw rice in a patient with hypothyroidism and iron deficiency anemia.

Case Presentation

Patient Information

- Age: 48 years
- Sex: Female
- Occupation: Homemaker
- Date of first consultation: 15 November 2025

Chief Complaints

The patient presented with:

- Excessive hair fall for six months
- Weight gain
- Generalized weakness
- Fatigue
- Reduced desire to work
- Mood changes
- Irritability

History of Present Illness

The symptoms developed gradually over six months. The patient reported increasing tiredness and diminished enthusiasm for household activities. Hair loss became progressively more noticeable and was accompanied by unexplained weight gain.

Laboratory investigations performed before consultation revealed:

Investigation	Result
TSH	12.6 *m*IU/mL
Hemoglobin	9.2 g/dL

The patient consulted an endocrinologist and was started on Thyronorm 25 mcg daily.

After approximately two months:

Investigation	Result
TSH	10.6 *mIU*/mL

Thyronorm was subsequently discontinued and the patient continued under homoeopathic follow-up.

Physical Generals

- **Thermal State -** Hot patient, Intolerance to excessive heat
- **Thirst-** Increased thirst
- **Food Preferences**- Desire for non-vegetarian food
- **Peculiar Craving**- The patient reported a persistent desire to consume raw rice.
- **Bowel Habits**-Occasional hard stools, No regular constipation

Mental and Emotional Characteristics

- Reduced desire to work
- Irritability
- Mood fluctuations
- Strong tendency to advise othersLeadership role in church activities
- Desire for others to listen to her views
- Active involvement in community and family matters
- Despite limited formal education, she displayed confidence in guiding others and frequently offered advice regarding family responsibilities and social conduct.

Case Analysis

- Many presenting symptoms such as hair fall, fatigue, weakness, and weight gain could be attributed to hypothyroidism and therefore carried limited individualizing value.
- The symptom that stood out was the craving for raw rice.
- Although the presence of anemia suggested a possible pica syndrome, the specific form of pica assumed importance. Pica may manifest as cravings for clay, chalk, ice, starch, paper, or other substances. In this case, the persistent desire for raw rice represented a distinctive and highly characteristic symptom.

Repertorial Totality

Mental Generals

1. Mind – Irritability
2. Mind – Aversion to work
3. Mind – Desire to influence others

Physical Generals

4. Generalities – Heat
5. Generalities – Thirst

Particulars

6. Hair – Falling of hair
7. Rectum – Stool hard
8. Generalities – Weakness

PQRS Symptoms

9. Stomach – Desire for indigestible things
10. Stomach – Desire for raw rice

Kentian Repertorial Worksheet

Rubric	Alum.	Calc-c.	Lyc.	Sep.	Nux -v.
Mind – Irritability	2	1	2	2	3
Mind – Indolence	2	2	1	1	1
Stomach – Appetite – Things indigestible, desire for	3	1	0	0	0
Rectum – Constipation	3	2	2	1	2
Rectum – Stool hard	2	1	1	1	2
Generalities – Weakness	2	2	1	1	1
Generalities – Heat, aggravates	1	0	1	1	1
Stomach – Thirst	1	1	1	0	1
					0

Repertorial Result

Remedy	Total Score
Alumina	**17**
Calcarea carbonica	12
Lycopodium	11
Nux vomica	11
Sepia	9

Remedy Differentiation

Calcarea carbonica- Supported by weight gain and endocrine dysfunction but rejected because the patient was hot and lacked characteristic Calcarea features.

Sepia- Considered because of hormonal disturbance and irritability but lacked the typical Sepia emotional picture.

Lycopodium-Supported by leadership tendencies and desire to influence others but did not account for the peculiar craving.

Alumina-Strongly supported by:

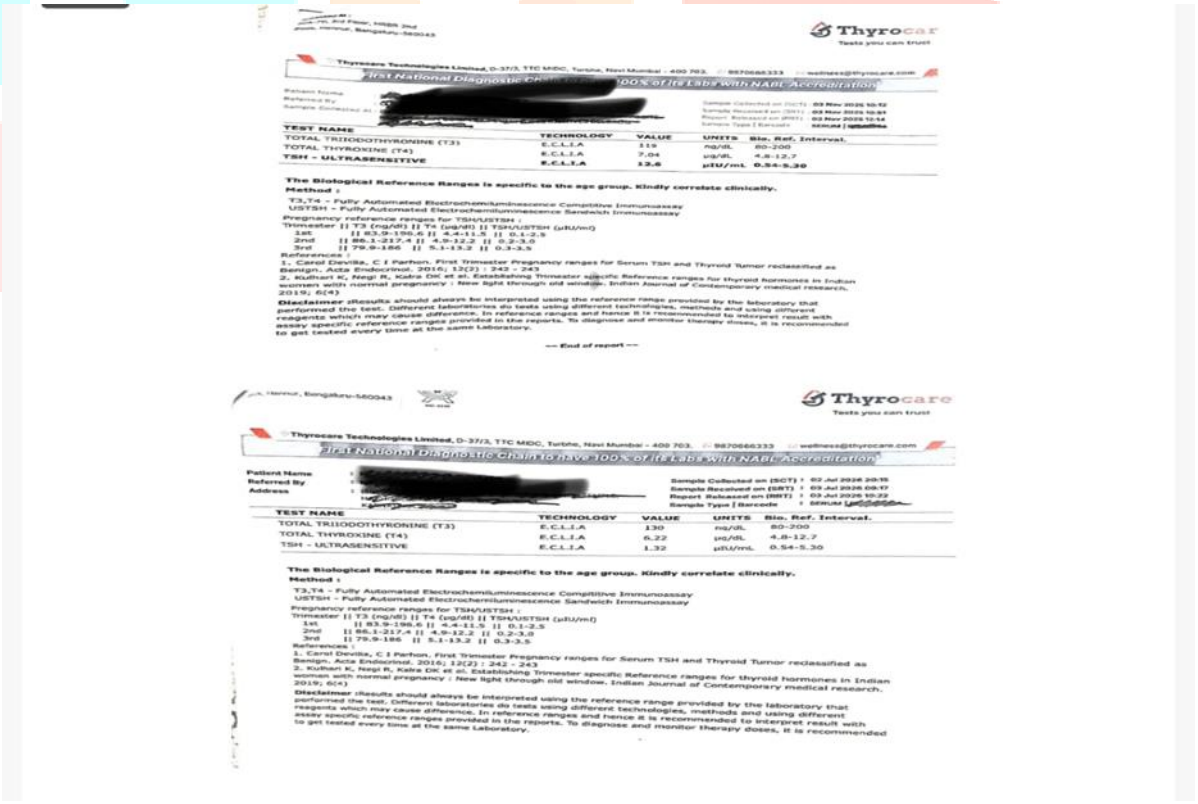
- Desire for raw rice
- Desire for indigestible substances
- Hard stool tendency
- Weakness
- Sluggishness
- Reduced motivation

The craving for raw rice served as the decisive prescribing symptom.

Prescription- Alumina 200/ 3 doses weekly once

Follow-Up Table

Follow-up	Date	Clinical Findings	TSH	Prescription
Initial consultation	15/11/25	Hair fall, fatigue, weight gain, weakness	12.6	Alumina 200 /3 doses once a week , pl 1 month
Follow-up 1	4/1/26	Mild improvement	10.6	Pl 1 month
Follow-up 2	8/2/26	Hair fall reduced	_____	Repeat alumina 200/1 dose
Follow-up 3	10/3/26	Energy improved, hair fall present, irritability slightly reduced	_____	Pl 1 month
Follow-up 4	15/4/26	Pt feels better, no new symptoms	_____	Aumina 200/1 dose
Follow-up 5	16/5/26	Weight stabilized, Mood stabilized	_____	Pl 1 month
Follow-up 6	20/6/26	Significant clinical improvement ,Pt is feeling completely better, all symptoms almost reduced by 95 %	_____	Pl 1 month



Discussion

This case demonstrates the practical application of the PQRS principle in constitutional prescribing. While hypothyroidism explained many of the patient's symptoms, these manifestations were common to numerous patients with the same diagnosis.The unusual craving for raw rice provided the most distinctive feature of the case and served as the principal guide to remedy selection. Although the craving may have been influenced by iron deficiency anemia and pica, its specific expression retained individualizing value.

Conclusion

The present case highlights the importance of identifying PQRS symptoms during case-taking. Among multiple common manifestations of hypothyroidism, the patient's unusual craving for raw rice emerged as the key individualizing feature and guided the prescription of Alumina. The subsequent clinical and biochemical improvement underscores the value of individualized constitutional prescribing in chronic disease management.

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